



**BRISTOL CHILD PARENT SUPPORT AND  
STAND NORTH WALES CIC PRESENT AN ONLINE PARENT  
WORKSHOP  
For parents living in Flintshire**

**Let's Stop the Worry Cycle  
Understanding and Managing Anxiety**

**JOIN CATHERINE COULTER, A CLINICIAN WITH 33 YEARS OF EXPERIENCE IN MENTAL HEALTH AND 25 YEARS IN CAMHS TO SHARE:**

- How to recognise anxiety
- Some simple neuroscience and the flight/fight stress response.
- Common traps and how you may unintentionally escalate anxiety.
- Tips on how to manage anxiety and how to help your child with special needs to regulate in challenging times.
- Time for questions.

**Date:** Monday the 13th of June 2022  
**Time:** 10.00 am-11.30 am with time for questions  
**Where:** Via Zoom

**Please contact Samantha for a booking form:**

- **Email:** [Samantha@standnw.org](mailto:Samantha@standnw.org)
- **Call:** 07570 583 842

**Spaces are limited and booking is essential.**